



# THE LEGACY QUESTION

We assess the immediate impact of the Olympics **P4**



The man who signed Mo tells us why he wants to find the next athletics superstar  
**Plus: Big Sam eyes Olympic Stadium**

Worry over lost services

## Asda bid reignites concerns at Island crowding

Rob.Virtue  
@wharf.co.uk

**A** controversial housing development on top of Asda in the Isle of Dogs will be heard by a Tower Hamlets' planners today reigniting a long simmering row over the level of development on the Island.

The proposal is for an 850 home scheme that involves demolishing and rebuilding the supermarket by Crossharbour DLR.

Council planning officials have recommended approval despite criticism from Conservative councillors who say the Island's services are already overstretched.

Cllr Gloria Thienel, of Blackwall



Artist's impression of the scheme

and Cubitt Town, said: "Health and schools are big issues. We're already sending some of our children off the Island to school. We have more developments on the way and we don't have the infrastructure to deal with them all."

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# Inside



## Kick-off for new season

Charlton and Millwall stumble at the first as cup action begins **P54**



## A trike I like

Little Miles gets to ride like his big brother **P3**

## Bourne to win

Film tickets, dinner and survival equipment



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**WHAT'S ON** Full preview of Canary Wharf Jazz Festival + interview with Alexander Stewart **P11**



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**29C SATURDAY**  
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**24C MONDAY**  
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## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine. No service between New Cross Gate and Highbury and Islington before on Sunday before 8am and after 9pm.  
**ROADS**  
Greenwich Park is closed until October.

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daily travel  
update

FRONT PAGE CHARLTON PICTURE:  
ACTION IMAGES / TONY O'BRIEN

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# Agenda

## Newcomers stick their souls on hold

Several of my friend's companies have relocated to the Wharf recently. It's awkward when your mates arrive in E14, like introducing them to your boyfriend for the first time. Will they think he's stuffy? A bit of a corporate bore? Will they see past the high-end high street homogeny and recognise his interesting history? No. They hate Canary Wharf.

I can only assume the micro-culture that's been developed over the last 20 years to meet the needs and desires of the business community is an abject failure. Threaten people with a glass office, fine views, air

### BLONDE'S EYE VIEW



ANGELA CLARKE

conditioning and the ability to go from Tube to office to sandwich bar without ever coming in contact with the thoughtless climate, and they roll their eyes in despair.

Despite the promise of endless lunches with me, or maybe because of that, friends talk of being sent to the Wharf like they've been sent to death row.

The whingers roll out the old cliché about the Docklands being soulless. Excuse me, but you've moved from the City, a place so devoid of soul last year's rioters and looters didn't even touch you.

There's nothing left but Square

Mile zombies. Don't get all old money uppity on us just because you date back to the Middle Ages. The Docklands have been going strong since the 1800s. We're not wet behind the ears.

I apologise. I understand if you've come from the gregarious offices of Soho, or the cool warehouses of South London then the glittering uniformity of the Wharf is a shock. But arrive with an open mind. Then, when you've been here a while, I'll be happy for you to moan with the rest of us.

Find Angela on twitter:  
[@TheAngelaClarke](https://twitter.com/TheAngelaClarke)

## Reuters' view



Rio de Janeiro Mayor Eduardo Paes waves the Olympic flag after receiving it from IOC President Jacques Rogge and London Mayor Boris Johnson during the ceremonial handing over of the Olympic flag at the closing ceremony

A week  
in photos  
Page 12

## 60 Second Wharf

### Riding the wave

We examine the immediate legacy of the Games and how east London will cash in on the momentum.

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### Arnie's bird's eye view

Arnie Schwarzenegger got a good view on the potential of east London when he took a trip on the cable car.

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### Industry must stay

The Port of London Authority is insisting that Orchard Wharf should be safeguarded for cargo handling.

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### Dame curries favour

Dame Helen Mirren thanked troops stationed at Wapping for the Olympics with a dish of curry.

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### And all that jazz

Jazz singer Alexander Stewart tells us why he's looking forward to the Canary Wharf Jazz Festival.

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### Blowing the whistle

Charlton and Millwall begin their season in earnest as West Ham await their Premier League return.

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**P4**

Win dinner, a movie  
and a Jason Bourne  
survival kit **P51**

## Corrections & Clarifications

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# Now this is a trike that I can like...

## PEOPLE

Miles gets to ride like his brother on his three-wheeler

Beth.Allcock  
@wharf.co.uk

**T**he life-changing gift of a therapy tricycle has enabled a Tower Hamlets boy to explore the outdoors in a way that has never before been possible.

Miles Balynas, four, suffers from cerebral palsy and is just one of 16 youngsters to receive a £1,180 Quest 88 Kitten Tricycle, from the Caudwell Children charity.

A grant from The Openwork Foundation has helped to fund the specialist equipment, which offers benefits for both physiotherapy and self-esteem, and has given Miles the opportunity to ride a bike alongside his older brother, Lance, nine.

Mum Risa said: "Without the support of Caudwell Children it would be impossible to get equipment like this for Miles.

"It simply wouldn't happen due to the huge costs involved.

"Riding his bike allows him to do something that nearly every little boy does, and to be like his brother, which is fantastic."

Due to his condition, Miles is unable to sit up unaided and has limited independent movement.

"The tricycle is specifically designed for Miles to help with his head control, aid his strength and develop the range of movement in his legs," added Risa.

"There is not much that allows Miles to experience movement so this is a

## Family



Worry over lack of postnatal care **P48**

huge thing for him to have and to be able to do.

"He is already showing fantastic signs of benefitting from having the tricycle and he absolutely loves being on it, he simply smiles the whole time."

Trudi Beswick, chief executive of Caudwell Children, said: "We are thrilled to be able to help Miles and his family with this donation.

"Therapy tricycles play an integral part of a disabled child's development and we are delighted to have received support from The Openwork Foundation towards helping more children get the tricycles."

Miles Balynas tries out his new trike with the help of mum Risa



JAMES PERRIN

## NEWS IN BRIEF

Around east London

### CityJet launches Germany route

**DOCKLANDS** CityJet is to start flying from London City to Germany this winter.

The airline's service to Munster-Osnabruck, known as the green energy capital of Germany, is due to begin in October 29.

CityJet CEO Christine Ourmieres said the route will be "a new trade corridor for the rapidly expanding British green technologies and renewable energies market".

The airline is also doubling flights to Brive this summer.

### Stadium might see more awards

**STRATFORD** The Olympic Stadium could soon replicate the success of medal-winning athletes with an award of its own.

The east London venue has been shortlisted as a nominee for the prestigious 2012 Structural Awards, hosted by The Institution of Structural Engineers.

Institution representatives noted it provided an appropriate response to the legacy of the Games and sustainability objectives.

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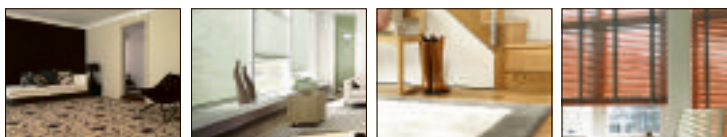
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## Cover story

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■ This week we look at the immediate prospects of life after the Olympics.

■ To read the first part – which investigated the long-term aspirations – go to wharf.co.uk

Mayor looks to build on the momentum to complete Games promise. By **Giles Broadbent**

**T**he Mayor of London does not demand much of a cue to display his ebullience. Had the Games flopped, the legacy failed and Team GB trooped away with a desultory compensatory ribbon, Boris Johnson would have turned that frown upside down even if he had to hang prone from a zipwire to do it.

Presented with a Games that has been an unalloyed success, Boris's ambition and verve are unhindered by self-restraint.

The legacy – those of the Olympics, of course, and to a certain extent his own – would be the final triumph.

He said: "If we can take our cue from the Olympic athletes who have prepared and worked so hard I think we can ensure the continued momentum. And we can secure a transport, housing, infrastructure, sporting, cultural and social legacy for London and turn these Games to gold for decades to come.

"Our ambition is very simple: to lengthen London's lead as the financial, cultural, artistic capital of the world standing in relation to Europe as New York stands in relation to American continent."

## Infrastructure

■ "We will have a fantastic infrastructure and housing legacy built on the extraordinary success of our Olympic Park.

"London is unlike many other Olympic cities in that we have planned the future of our venues – the future of the aquatic centre, the Copper Box, the Orbit, the velodrome and the broadcast centre.

"And once the Olympic Park is fully re-opened it will attract 9million visitors a year and will become one of the top 10 must-see sights in London with the greatest sporting facilities in the country, the best connected railway hub in the UK and what is a kind of paradise on the banks of the Lea where a lunar landscape of abandoned fridges and trolleys has been turned into a beautiful bio-diverse habitat.

"We will create a further five neighbourhoods over the next 20 years with three schools, nine nurseries, three health centres, 29 playgrounds, altogether 8,000 new homes on top of those already in existence. That will unleash thousands of new jobs."

## Transport

■ The investment paid off, he said, with the signalling work on the Jubilee line allowing greater frequency and extensions of the DLR resulting in the system comfortably handling its highest ever passenger numbers without the predicted meltdown.

## Cultural

■ "The Olympics has brought together the leaders in that sector in a way that has never happened before. They will want to think very hard about the scope for a more regular festival after the success of the Cultural Olympiad."



## Boris hangs around with his pal from LA

LONDON Mayor Boris Johnson has hung around with some VIPs in recent days but at the weekend he hit new heights when he shared his second favourite mode of transport with Hollywood legend and former California governor Arnold Schwarzenegger.

Arnie was in town to watch the Olympic Games and promote his new movie *The Expendables 2* and the mayor wasted no time in showing off the feat of engineering by the muscleman's fellow Austrians.

Arnie said: "I love coming to London and the energy here right now is amazing. The Olympics have been thrilling to watch, and the City has really stepped up to the plate to highlight the greatness of athletic spirit.

"So, riding the Emirates Air

Line, walking around the city with Boris, and seeing his dedication to creating great infrastructure to accommodate people from around the globe has been an unbelievable experience."

The cable car – built by Austrian company Doppelmayr beat its all time passenger numbers record on Saturday, with 31,964 journeys.

Boris last met with Arnie in March 2011, when the pair went out for a spin on Barclays Cycle Hire bikes.

The mayor said: "I was pleased to be able to highlight not just of the beauty of London, but of the huge investment opportunities that exist in the east of the capital and beyond. It's no wonder that more than half a million people have taken in the awesome views."

Giles Broadbent

## SNAPSHOTS

### BUSINESS

By Gavin Poole  
CEO of bidder iCity

■ "We'll have a university campus and a community college developing a pipeline of new skilled youngsters coming from the most deprived wards into the sectors which they may not have had access to previously.

"Side by side with that we will have a data centre built by Infinity which will be the heartbeat within the innovation unit.

"The British Venture Capitalist Association has committed to a presence on site to take these start-ups and get them investment ready so the venture capital and private equity community know there's a rich source of talent coming through iCity."

## Sport

■ "There is overwhelming political pressure for more competitive sport and we in London certainly intend to build on what the Sports Legacy team have been doing, expanding access to sport for kids, bringing mobile pools to schools and offering training opportunities to 250,000 people."

## Social and human

■ "We have mobilised a benign and happy army of volunteers. Everybody who has worked on these Games is thinking of their participation as simply the biggest, best and most exciting thing that we have been involved in in our city.

"And those people want to keep going and keep contributing.

"We will massively expand this to do all the kinds of things we need to invest in our human capital.

"The Olympics has given us the momentum but even more importantly shown us what we can do."

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Mayor of London Boris Johnson and former governor of California, Arnold Schwarzenegger take a trip across the Royal Docks on the Emirates Air Line

# Borough already reaping rewards with better links

## GREENWICH

Beth.Allcock  
@wharf.co.uk

GREENWICH started to reap the benefits of London's Olympic Games almost four years ago.

Council leader Chris Roberts said that a boost in transport infrastructure, which kicked off with the opening of the extended Docklands Light Railway (DLR) service in 2008, was just one aspect of a multifaceted legacy which would continue to bear fruit in the coming years.

"We have to look both backwards and forwards for legacy," he said. "After the announcement of the Games in 2005 the Government decided to fast-track the DLR to Woolwich Arsenal."

"That was timetabled almost as soon as it was decided to give London the Games."

"We have got the best route in and out of Stratford and it's one line that works really well. That has been a real legacy for us and a huge legacy for our residents."

"Access across the river was really difficult and it opened up access to jobs in Westfield and Excel and they have been ongoing Olympic legacies since 2008."



Council leader Chris Roberts

Greenwich has been a hub of Olympic activity during the past fortnight, with sporting action taking place at the Royal Artillery Barracks in Woolwich, Greenwich Park and the North Greenwich Arena.

And the Labour councillor, who represents the Glyndon ward, added that plans for the short-term future would include a focus on economy, tourism and sport, and presented further opportunities for the Games to leave a lasting mark.

Cllr Roberts said: "As a current

legacy, it's around the economy and sport. For that sporting legacy, we have spent more than £20million putting sports facilities into two schools, Thomas Tallis and Crown Woods, for competition county standard sports facilities, as well as into parks and playgrounds."

And Cllr Roberts said there would be a focus on the Greenwich Peninsula, and its 150 digital businesses, that would "carry forward" the economic benefits of the Games.

The town's new cruise liner terminal, set to be built by 2014, will also open up the area to an influx of visitors.

"That will bring more tourists around here," he added.

"We expect that [development] to take our annual tourism base in Greenwich from about three quarters of a billion pounds to more than one billion."

## Read on »

Proud of Stratford again

Page 6

Rentals hit by Olympics

Property

The sporting legacy

Page 53

## SNAPSHOTS

### RETAIL

By John Burton  
Westfield Stratford City

■ "Westfield made its £1.5billion investment based on fundamentals – great location, big market opportunity and incredible transport links. Our belief in this opportunity was confirmed by John Lewis and Waitrose from the outset who were prepared to make that investment in the face of a global financial crisis."

"Our performance to date proves that this was the right location – this will become the metropolitan capital of east London."

"This is the inheritance the Olympics had before the Games."

### HOUSING

By Peter Redfern  
CEO, Taylor Wimpey

■ "We were selected last week to redevelop Chobham Manor – a 23 acre site and we expect to deliver 900 homes."

Over eight years we will put in roughly £250million of investment. We're doing that because we see the quality of the infrastructure in there already."

"It is very much centred on family housing – about 75 per cent of the properties will be three bed or above and more than 50 per cent will be houses rather than apartments."

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## Cover story

Festivals fail to put down roots during peak time

### FESTIVALS

WHILE the Olympic Games have proved an unparalleled success at drawing crowds and reviving redundant sites, some of the linked events have fared less well.

The casualty list grew from the early days, with London Pleasure Gardens at Pontoon Dock failing to recover from a shaky start and Greenwich's Peninsula Festival shut.

The latest of the festivals to throw in the towel was regeneration scheme Indust[us] at a brownfield site next to Canning Town station.

Like LPG, it looked to profit on the footfall between a transport hub and the Excel centre, helping to establish it for the longer term. But the crowds never materialised.

The festival of upcycling, operated by Fluid, was also a beneficiary of the Meanwhile London competition



Robot landmark at Indust[us]

but decided late last week to evaluate its viability after Newham refused emergency funding.

Fluid director Christina Norton said: "We have closed the site for the rest of the month while we take stock and plan ahead."

"There is no point continuing with the plan we had so we've decided to close for that period and look at how we can develop our model."

A spokesman for Newham Borough Council said: "Both Indust[us] and the London Pleasure Gardens have been a victim of the success of Games organisers in getting visitors to the Excel."

"The Meanwhile London winners were chosen on the basis of their vision over the longer time, not just Games time."

Giles Broadbent

# How Stratford became a place to live, not to leave

### HOUSING

Residents say they are looking forward to a chance to claim a slice of Games glory

Rob.Virtue  
@wharf.co.uk

**F**ancy living in a flat that was the home of Usain Bolt or one of Team GB's medal heroes?

Well east Londoners are queuing up for the chance of moving into the Athlete's Village once the stars of 2012 vacate.

In total 2,818 homes will be available in the East Village, of which 1,379 are to be taken over by Triathlon Homes and available under intermediate rent, shared ownership and social rented housing schemes.

After a year's renovation, including putting in new kitchens, the homes will be for the public. And it's already seen one former east Londoner look to return to his roots.

John Corderoy, who has a wife and two children, is looking to relocate from Essex and buy into the shared ownership scheme.

"People say at my age people move out of London but we still get the buzz from the place," said John, speaking at an event in Westminster to publicise the housing legacy. "It's got everything we need. I see many opportunities in the village for my children."

"At the moment I'm renting a three bed semi in Chigwell but can't afford to buy a property there. The shared ownership scheme at East Village is very attractive."

He said the facilities, including the Aquatics Centre, made Stratford a perfect place to bring up his children.

"My kids love going to the cinema and they have that at Westfield, where the eateries are also second to none," he said. "The connections to schools, as well, are great."



Christella Matoko, top, John Corderoy, right, and JJ Legede, below, want to live in East Village, main picture

### What have the Games achieved?

"My sister said to me, 'I feel proud to be from Stratford' and I had never heard that before."

Christella Matoko

"When I was 15 I worked just outside where the park is now so remember it as industrial estates. With my job now I drive around east London and I've seen it gradually develop."

"I found out that the athletes village was to be for housing and thought that was where I wanted my family to be."

East Londoner Christella Matoko has just finished a qualification in performing arts.

She is keen to stay in the area and

is looking at intermediate rent – set at 20 per cent below the standard market rate – at the East Village.

"Living and growing up here and seeing the regeneration, it's shocking to remember how it was," she said.

"People wouldn't want to come here. My sister said to me 'I feel proud to be from Stratford' and I had never heard that before. The money now going into local projects and schemes out of this legacy is amazing."

Long jumper JJ Legede has hit 8.11m in the sand but missed out on London 2012 due to the fine form of Chris Tomlinson and gold medal winner Greg Rutherford.

He grew up in Hackney and said the redevelopment of nearby Stratford would inspire future generations.

"The place is awesome," he said.

"Every time I go past it makes me smile because I know it's improved so much with Westfield, this new village and Chobham Academy. When I was growing up people wouldn't come to east London but now thousands see it as a tourist venue."

"I lived in social housing and when I used to walk past nice houses it used to make me think I want better for myself. Now the kids will use these homes to inspire themselves further."

As for finding out which Olympian stayed in your apartment, there is a possibility.

Stuart Corby, non-executive chairman of property conglomerate Qatari Diar Delancey, joked: "Locog keep information to themselves but by fair means or foul we'll try to find out who's staying where."



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## Excel reaps dividends of spotlight



Team GB's Anthony Joshua celebrates gold in the Excel centre

EAST London is to host thousands of doctors, medical professionals and liver experts after a deal was agreed to hold a much sought after conference at the Excel Centre.

One of Europe's leading medical associations, EASL, will bring its International Liver Congress show to the Newham exhibition centre in April 2014. It is estimated to generate around £25million revenue to the capital and follows the showcasing of the centre during the Olympics.

Excel's CEO Kevin Murphy said the combination of the company's site expansion programme in 2010 and investment as a result of the Olympics, made the capital an attractive destination for conferences.

"We are exceptionally confident about the continued development of east London as a major global centre for conferences and sporting events," he said.



## Cigar bar enjoys some Cuban gold

THE partying continues for Olympic gold medalists with Cuban stars headed to Canary Wharf for their celebrations.

The country's ambassador to the UK took three of the nation's five London 2012 winners to the Cabot Square fine dining restaurant Boisdale.

Once they finished chewing on their medals the gold stars sat down

for a big dinner at the restaurant famed for whisky and cigars.

From left to right are light-welterweight boxer Roniel Iglesias Sotolongo, Greco-Roman wrestler Mijain Lopez Nunez and flyweight boxer Robeisy Ramirez Carrazana.

Boisdale has close links with Cuba, as the restaurant's owner Ranald MacDonald organises annual trips to the Caribbean country.

## NEWS IN BRIEF

Crime news

### Police seek two over racist abuse

**DLR** CCTV images of two men have been released after a group of black passengers were abused on a train to central London.

The incident took place back in May on a journey between Woolwich Arsenal and Cannon Street.

PC Laura Kent said: "The victims received vile racist abuse from these men, which will not be tolerated."

Anyone with information should contact BTP on Freefone 0800 40 50 40 quoting reference B5/LSA of 9/08/12.



One of the culprits

### Man seen waving knife at mosque

**WHITECHAPEL** Police are hunting a man who was seen threatening people with a knife outside the Cable Street Mosque.

The incident took place at around 4.15am on Saturday, August 4.

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## Boats go but Wood Wharf to stay open



Octopus heads for home

CULINARY delights and sporting action will continue to decorate Wood Wharf after the luxury cruise liners docked at the site set sail for home.

The newly-turfed area, which boasts a temporary park and television screens, will remain open to Wharfers for the "foreseeable future", confirmed a spokesman for Canary Wharf Group.

"There is table tennis and croquet down there and the big screens will be in place until the end of the Paralympic Games," he said.

"There may be the possibility for future events to use the space but nothing is firmed up yet."

And he added that the Wood Wharf lunch market, which showcases a mouth-watering range of global cuisines every month, will run on August 28 and September 25.

**Beth Allcock**



The Stad Amsterdam leaves West India Docks on Tuesday. For more pictures, go to wharf.co.uk

## The Olympic armada disperses

THEY were briefly a tourist attraction, a sexy James Bond backdrop, a reminder of Britain's maritime past and an exercise in putting a quart into a pint pot.

But the various super yachts, square riggers, royal yachts and cruisers dispersed from their berths from Monday.

West India Dock, the Royal Docks and the Thames saw the departure

of 20 vessels in the space of 72 hours, giving the Port of London Authority a logistical challenge.

Before the departure, PLA marine operations director Peter Steen, said:

"This is an extremely concentrated period of demand for our pilots to take vessels away from their moorings out to the North Sea."

"We've got our full complement of specialist river pilots, who handle

vessels in central London, on standby to handle these vessels. It's going to be a challenge to accommodate the number of vessels within the limited tidal windows, but we're up for the challenge."

The majority of vessels in the Sail Greenwich fleet, which created an avenue of sail for the Olympic period, left on Monday.

**Giles Broadbent**

## Space under pressure as population increases

From Page One

The plan also cuts the level of services on the Island with the potential loss of the superstore's petrol station.

"We're upset as we'd lose our only petrol station on the Island," said Cllr Thienel.

"It's all very well for these people to make these proposals but they don't live here and they don't know what a vital amenity it is to us."

The two closest petrol stations off the Island are at Poplar and Leamouth where prices are higher, says Cllr Thienel.

A consultation saw 132 objections to the scheme and 97 in support. It also received three petitions against the development and one in favour.

Under the terms of the financial agreement, developer Ashborne Beech would pay over £6.5million in improving services.

These include £400,000 towards upgrading Crossharbour DLR station, £500,000 towards bus services, more than £900,000 for healthcare and £3million towards increasing school places in the borough. The scheme will be 31 per cent affordable housing.

A council report said: "The density of the site is considered acceptable given the site's public transport accessibility level and lack of overdevelopment symptoms."

## Port insists wharf stays for industry

### PLANNING

THE Port of London Authority has re-affirmed that it wants to see Orchard Wharf, neighbouring the East India Dock Basin, safeguarded for industrial use.

Campaigners living in Virginia Quay had sought a re-designation of the site to block plans for a concrete batching plant on the redundant brownfield site.

They had struck a blow in June when councillors said such heavy processing, and the 200 traffic movements a day that would result, was an anachronism in an area that was now residential. They rejected the plan.

Cllr Tim Archer said: "This application is completely inappropriate. The site is just 100m from Virginia Quay, directly opposite Orchard Place and it also next door to the East India Dock Basin nature reserve something which we in this borough should be particularly proud of."

However, the PLA has now re-stated its original demand ahead of a planning meeting today (Thursday) when councillors will be advised to agree the scheme.

Of re-designation, the PLA said: "There are a number of substantial issues that would have to be resolved before this could be considered as a serious proposition and continued designation is appropriate – particularly as there is operator interest in using the wharf."

The PLA also pointed out a factor that had raised eyebrows in the original planning meeting – that the borough council's own core strategy protected Orchard Wharf for cargo-handling.

**Giles Broadbent**



Artist's impression of the Asda bid

The Labour Party agrees homes must be built in Tower Hamlets wherever there is land to build on – including the Isle of Dogs – because of a big shortage of property.

Cllr Sirajul Islam urged the borough's mayor Lutfur Rahman to confront the problem which has come about because of the influx of new residents in the borough. The recent census revealed that Tower Hamlets was the fastest growing in the country with an increase of 53,000 since 2001.

Cllr Islam said: "Overdevelopment is an issue but where there's land available for development it's got to be developed. The Isle of Dogs has lots of spaces that can be developed."

He added the section 106 agreements, which see developers pay for an increase in services, should answer concerns over loss of services.

Mayor of Tower Hamlets Lutfur Rahman said: "Whilst I am of course concerned about the demands of supporting a growing population at times of Government cuts, the council has had effective plans for growth in place, using tools such as population projections for our work on planning for pupil places, for example."

"I'm committed to continuing to support this growth with my plans for 4,000 additional new homes."



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## New chairman outlines vision for Barclays

INCOMING Barclays chairman Sir David Walker has unveiled his plans to end the free banking model.

The former Morgan Stanley chairman, who will replace Martin Agius following his resignation in the wake of the Libor scandal, will take up the role on November 1.

In an interview with the *Sunday Telegraph* he said his priorities would be hiring a new chief executive to take over from Bob Diamond and charging for bank accounts and services. He blamed the failure to implement the latter as a reason for the recent mis-selling episodes.

Talking about the qualities he wanted in a chief executive Sir David said: "He's a polymath. Leaving aside where he's come from, whether or not he's an investment banker or a retail banker, he needs to be confident of leading in a lateral way."



Sir David Walker

## Port trade down

TRADE through the Port of London in the first six months of 2012 was down by 1.664 million tonnes (6.85 per cent), compared to the same period last year, says the Port of London Authority.

# Dame curries favour with Olympic troops

### PEOPLE

Rob.Virtue  
@wharf.co.uk

**H**undreds of servicemen and women lodging at Wapping's Tobacco Dock while working at the Olympics were given a thank you curry for their support.

The armed forces were drafted in at the last minute after G4S revealed it would not be able to provide enough security for events.

At the weekend, actress and neighbour Dame Helen Mirren, as well as Tower Hamlets Mayor Lutfur Rahman joined the soldiers in a ceremony at Wapping Rose Gardens.

After the event, which included music from the Royal Marine band, troops were served curry.

Mayor Rahman said: "For the last three weeks soldiers have been welcome in the streets and the stations of our borough as they have gone about their duties supporting the Olympic effort."

"They joined our volunteers and public service workers in making sure London 2012 was a great success for east London."

"As has happened so often in the



Helen Mirren drops in on the Olympics. Below: Pte Simon Coray

past, our armed forces responded uncomplainingly.

"I was proud to salute them and our hard working staff and volunteers on behalf of Tower Hamlets – and the nation. They played their part in making the Games an enormous success."

Private Simon Coray from Wapping received a surprising call to return home for duties when he was ordered to work at the Olympics. He also

received his regiment's traditional Minden Rose.



The 27-year-old, who serves as an infanterier and mortarman with 1st Battalion The Princess of Wales Royal Regiment, was lodging at the former Tobacco Dock shopping mall, yards from his home.

He said: "It's been excellent to get back to London and the Olympics have been great fun. And getting the chance to see my family has been a welcome extra bonus."

## POLITICAL NOTES&VIEWS

With Jim Fitzpatrick



MP for Poplar and Limehouse

**T**here were concerns. Not everyone was on board the Olympic bus. Then the fortnight finally arrived, the sun came out, and a spirit of goodwill, friendliness and unity seemed to spread among us.

It was uplifting to see spectators cheering on athletes from countries other than their own.

There are so many good memories of London 2012: Mo Farah forging ahead in the 5,000 and 10,000m; Jessica Ennis's gold in the gruelling discipline that is the heptathlon; Usain Bolt displaying a combination of athletic brilliance, humour and warmth; Games volunteers providing smiles and assistance all around us; the armed forces taking on duties in the wake of the security recruitment debacle with professionalism and the best of attitudes. Trains and buses and tubes and DLR rose to the occasion.

In recognising the efforts of Olympian Bradley Wiggins, the West Ham boss Sam Allardyce referred to the "huge dedication and commitment our lads need to show in order to gain that extra advantage."

In an age of football prima donnas and TV celebs with no discernible talent or character to inspire a generation, Team GB and sportspeople from across the globe have offered us alternative role models that shine as brightly as the Olympic beacon.

Team GB have offered us new role models

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# What's on

## SCREEN



### The Bourne Legacy

(12A) 135mins  
★★★★☆

The money men said yes but the heart says no as director Tony Gilroy and star Jeremy Renner step in for the incomparable Matt Damon / Paul Greengrass double act.

Fortunately, Renner isn't Bourne, he's Aaron Cross and the overlap with the trilogy is neatly handled and leaves Cross's own black ops outfit – Outcome – out in the cold and a target for removal.

The story is packed with action and shows off the talents of co-stars Ed Norton and Rachel Weisz but this is a very different beast to the Bourne outings and sadly unremarkable.



### The Wedding Video

(15) 94mins  
★★★★☆

The wedding film is a summer staple but this is a notch above the rest with a calibre cast (Rufus Hound, Robert Webb, Miriam Margolyes) working with the words of Tim Firth (*The Calendar Girls*).

Appalling manners, bust-ups and uproar occurs in this church-bound tale seen through the eyes of the cameraman brother of the groom who begins to spy cracks in the impending union.

Convention dictates the story but there are belly laughs along the way.



### The Expendables 2

(15) 102mins  
★★★★☆

Sylvester Stallone reunites his musclebound gang for a second outing of this nostalgia-fest of lunking camp action.

It's a rip-roaring, machine gun-toting, cameo-fuelled spectacle that's biggest challenge for the cinema-goer is clocking up the famous movie quotes that get a nod.

The story? Not important.

# I'm excited about taking my jazz to a wider crowd

## FESTIVAL

Bright young star happy to take the standards and give them a modern twist

Beth Allock  
@wharf.co.uk

Jazz legends and rising stars will bring an injection of soul and smooth sounds to Canada Square Park this weekend, as the Canary Wharf Jazz Festival returns for its sixth year.

The three-day extravaganza, which begins tomorrow evening (Friday) will see jazz legend Courtney Pine as the headline act on Saturday night.

With a history in the music business that spans more than two decades, his work has inspired a generation of young performers including Mancunian Alexander Stewart.

The 24-year-old has been a frequent face on the jazz scene in his native northern home and the capital since the release of his debut offering, *All Or Nothing At All*, two years ago.

And so far, 2012 has been a sparkling year for the performer, who shared the stage with Dionne Warwick for a series of five concerts recently.

"It's the first time I've played Canary Wharf Jazz Festival and I am excited," he said. "It's nice to play to a new crowd and a new atmosphere."

"Being a jazz singer, you find you will be performing in a lot of jazz bars or cafes and being outdoors is always interesting to see the crowd's reaction."

"I have done a couple of outdoor shows but not on a large scale like this."

And Wharfers can certainly expect an eclectic setlist from the talented vocalist, as he entertains the crowds immediately before jazz giant Courtney.

"It is jazz and swing with a contemporary edge and feel," he said.



Alexander Stewart, 24, has played sets with Dionne Warwick and plays ahead of headline act Courtney Pine



Courtney Pine: Saturday's star

"We do music performances from some of the American Standards, including Frank Sinatra, but in the same respect I'm going to do some Blondie, The Smiths and Mariah Carey – I'm going to really mix it up a bit."

"I never wanted to be a nostalgic act, I wanted to sing something that reflects me as a 24-year-old lad from Manchester."

"While I like doing the American Standards, there are lots of different types of music that are equally as good, and it's always nice to try some new things and adventure into things that are more risky."

He added: "It is a real privilege when you get to perform with people so recognised for their talent like Courtney."

A musical journey from Bangladesh to London will provide the opening for this year's offering, courtesy of the Lokkhi Terra band, followed by newly-formed the James Morton Soul

**W** What's your take on the jazz classics?

"I never wanted to be a nostalgic act, I wanted to sing something that reflects me as a 24-year-old lad from Manchester."

Collective and special guests Mary Pearce and Snowboy.

Young saxophonist Josh Arcoleo will be first to take to the stage on Saturday, before a spellbinding combination of Brazilian, African, Cuban and Indian sounds from the Bansangu Orchestra wash over Canary Wharf.

A soulful Saturday evening filled with contemporary jazz and funk grooves will be on offer courtesy of power trio, the Dennis Rollins' Velocity band, as well as Alexander and headliner Courtney.

And Sunday's line-up promises just as much excitement, with the Davide Mantovani Sextet, Voices of Nature and The Soul Reformers all showcasing their talents.

A storming performance from 14-man Beats and Pieces will close the action-packed show.

Sian Astrop, arts and events manager at Canary Wharf Group, said: "Such artists demonstrate how fearless musical experimentation continues to inspire a generation."

■ August 17 to 19, Canada Square Park. FREE. Go to [canarywharf.com](http://canarywharf.com).



The Dennis Rollins' Velocity Band bring their power



14-man Beats and Pieces close the Sunday show



# Images Olympic special



Two French athletes hug during the parade at the closing ceremony


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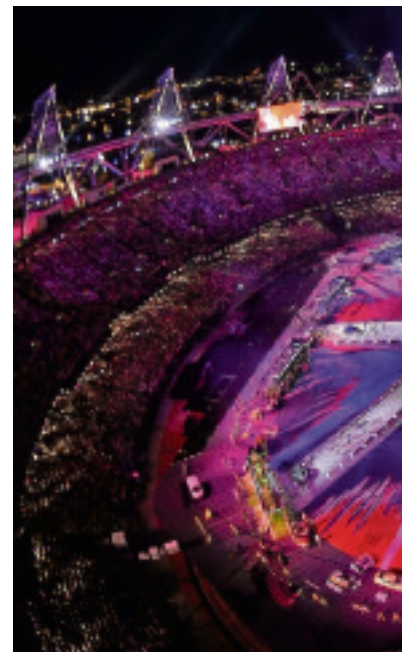
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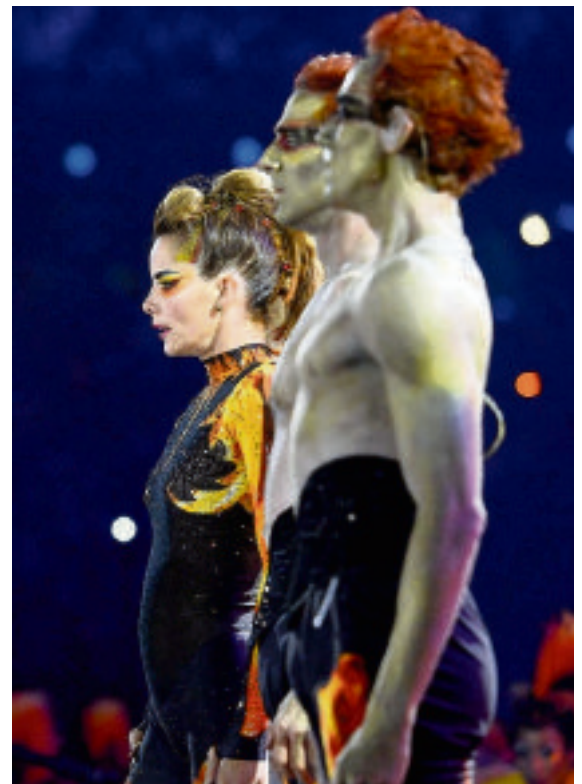
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ALL IMAGES: GETTY



British Prima Ballerina Darcey Bussell



Jessie J performs with Brian May of Queen



Emma Bunton of the Spice Girls performs on top of a taxi



# Images Olympic special



1

Great Britain's Alistair Brownlee holds a Union Jack across his shoulders as he crosses the line to win gold in the men's triathlon. Brother Jonathan got the bronze

REUTERS  
Jorge Silva  
BRITAIN

2

Jamaica's Usain Bolt kisses his gold medal after winning the 200m

REUTERS  
Eddie Keogh  
BRITAIN

3

Great Britain's Jade Jones kicks at her opponent on the way to winning gold in the taekwondo

REUTERS  
Kim Kyung-Hoon  
BRITAIN



# Food

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REVIEWS  
ONLINE  
wharf.co.uk



Tasters going to WSET can self select their level of difficulty as all evenings are graded for intensity

## Embarrassment of riches is too much of a good thing

### REVIEW English Wines

Wine and Spirit Education Trust

**W**ine tasting is an activity practised at many levels. The artless Dip-somaniac, striving to quaff as much as possible. The aspiring aficionado, keen to have his verdict of "grassy notes" legitimised by the expert on hand. The master, who spits artfully and remains silent until tapped into a complex debate about oak ageing.

And then there's the ignorant, who is eager to learn perhaps to show off to their friends at dinner parties, or simply for what they see as self improvement.

Just as there are different levels of taster, so there are different levels of tasting.

WSET's English wines session, featuring no less than 12 tipples, was very much up the sharp end.

The trust's tasting room had the feel of a serious office rather than a place for convivial merriment. A place where tastes are considered under clinical scrutiny rather than enjoyed.

As it was crowded with the kind of people who seemed deeply embroiled in the world of the fermented grape, the delivery of the master of ceremonies was appropriately technical.

And while her depth of knowledge was not in question – she had an anecdote for almost every vineyard

in England – the pacing was a little slow for my taste and also a little long.

Spoiling the crowd with such a variety made the evening feel excessively lengthy and lacking in focus.

And while the idea of matching certain wines with cheese was a good one, some ballast would have been appreciated, especially by those who hadn't managed to squeeze a meal in before dashing off to Bermondsey.

The wines we tasted were varied, from an impossibly tart Camel Valley white (£24.95) to an impossibly sweet Denbies Noble Harvest (£39.99 for 37.5cl).

The latter proved truly superb, especially with the addition of a

powerful Stichelton cheese, but even its rich tones weren't enough to prevent us running for the door to go and find some sustenance when the two and a half hour session was up. Fortunately we weren't far from the delights of Southwark.

WSET runs regular evening tasting events from beginner to masterclass starting at around £25.

**Jon Massey**  
WSET London Wine & Spirit School,  
39-45 Bermondsey Street, London,  
SE1 3XF, wschool.com

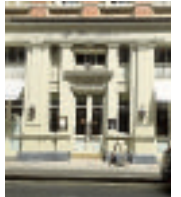
### Our verdict

Add a little food and they're on to a real winner

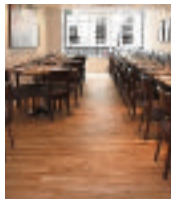
★★★★☆

## dining deals

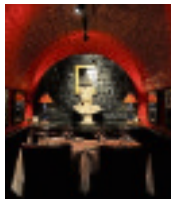
**Where:** Les Deux Salons, Parisian brasserie in the heart of theatre land, 40-42 William IV Street, London, WC2N 4DD, lesdeuxsalons.co.uk.  
**Deal:** £15.50 for three courses.



**Where:** Arbutus, Michelin-starred seasonal fare, 63-64 Frith Street, London W1D 3JW, arbutusrestaurant.co.uk.  
**Deal:** £17.95 for two courses, £19.95 for three.



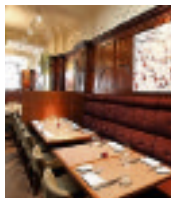
**Where:** Boisdale, Dining and live music on the Wharf or in the City, Cabot Place, Canary Wharf, London, E14 4QT, boisdale.co.uk.  
**Deal:** £12.50 for two courses across the chain.



**Where:** Quilon, Michelin-starred cuisine from the south west coast of India, 41 Buckingham Gate London, SW1E 6AF, quilon.co.uk.  
**Deal:** £24 for three courses.



**Where:** Wild Honey, Michelin-starred, wood-panelled dining, 12 St George Street, London, W1S 2FB, wildhoneyrestaurant.co.uk.  
**Deal:** £18.95 for two courses or £21.95 for three.



### RECIPE

## Billingsgate stargazy pie

**T**he classic recipe uses pilchards but I like to base mine on whatever I can get at Billingsgate that morning ensuring the best of the day's fish is going into my stargazy pie. For you to try at home I've suggested mackerel, langoustine, smoked haddock, salmon and whiting.

**INGREDIENTS** (serves 4)  
30g butter  
30g plain flour  
250ml double cream

200ml fish stock  
1 tablespoon English mustard  
1 sheet puff pastry  
2 eggs, hard-boiled and grated  
1 onion, diced  
4 rashers smoked bacon, cut into 1cm lengths  
½ bunch chopped parsley  
1 glass white wine  
2 small mackerel, filleted (heads and tails reserved for the top of the pie)  
1 whole langoustine, blanched for 2 minutes and chilled

100g smoked haddock  
100g salmon fillet  
100g whiting fillet

### METHOD

Heat the butter in a medium pan and gently cook the onion and bacon until soft. Add the flour and stir, then slowly add the wine and fish stock, stirring well to prevent lumps from forming. Bring to the boil and simmer for 10 minutes. Add the cream, bring back to the boil and simmer



until reduced by half and thickened. Remove from the heat. Add the parsley, grated egg and mustard, season with salt and pepper and leave to cool. Dice smoked haddock, salmon and whiting into 2cm cubes. Lay the fish and

mackerel fillets in a shallow pie or flan dish, lightly season with salt and pepper. Pour the sauce over the fish. Lay the pastry over the dish and trim it to size. Make four small slits in the pastry and push the reserved fish heads and tails through

Try Mark's variation on a classic stargazy pie for your next dinner party

This recipe comes from Mark Fines, head chef at The Gun, 27 Coldharbour, Docklands, London, E14 9NS, 020 7515 5222, thegundocklands.com.

them. Then make one more hole in the centre of the pie and slide the langoustine in tail first so it looks as though it is climbing out of the pie.

Brush the top with the beaten egg and bake for 40-45 minutes at 200 degrees, until the pastry is golden and risen.

Serve with mashed potato and greens such as hispi cabbage and watch your guests' eyes light up.

# Family

## WORKING MUM

By Tabitha Ronson

Quirky quickly becomes a gross irritation

I've tried to control myself. I told myself I would not go back there. I've tried Reiki; I've attempted Pranayama; I've even sought the advice of a Rapid Release hypnotherapist. But, it's no good; I'm simply like a glass of Chablis with only a 10 per cent alcohol level – too weak.

Young colleague is driving me crazy!

It's not enough that I have to contend with looking at fantasy pony pictures in frames on her desk, stuffed toy polar bears wearing knitted letter jumpers on her filing cabinets and squirrel finger puppets on her pens, this week I have had to listen to stories of "furry, wurry kittens", "clippy, clippy ponies" and "funny, wunny bunnies".

Seriously! This is the language coming from a 30-year-old co-habiting professional. I get a more intelligent conversation from Master A, who's 24 years her junior.

I get that her personality could be seen in a cute-cum-kooky Zoëy New Girl Deschanel kind of a way but somehow it's just not. I adore that TV show and every quirky, wacky, eccentric characteristic of lead character Jess. I do not adore Young Colleague and her foibles – or in her case, her fur balls.

Listening to her babbling on about her friend's "soooooo qwute" new Russian Blue kitten, Diesel, with its "ickie, wickle fluffy paws" was almost enough to make me want to rip up my Peta membership and throw money at the Chinese fur trade.

I spoke with a friend about this the other evening. She told me to put myself in Young Colleague's position, to question why one would behave in this fashion in the workplace. Needless to say, I couldn't carry off the role playing exercise but I did start to think about Young Colleague's use of baby talk.

Could it be a need to feel protected; a way of holding on to her youth; to appear non-threatening to her colleagues? All reasons that perhaps show a vulnerable side to Young Colleague.

Working mum trying to be more compassionate but... I spend eight hours a day, five days a week with this person. Help me!

# The steep learning curve that comes with a baby at home

## BABY CARE

Charity worries that loss of NHS midwife care is leaving new mums in the lurch

Lisa Salmon  
The Wharf

Giving birth can be a harrowing experience, but for many new mums, looking after a tiny baby in the early months can be almost as hard.

But postnatal experts are keen to stress there's plenty of help available for new mums, both through NHS postnatal services, and organisations such as the NCT.

Louise Silvertown, deputy general secretary of the Royal College of Midwives, says that good postnatal care is vital, for example to help and support women to establish breastfeeding, learn to care for their baby, and ensure women are in good health.

"Women should rightly be expecting the NHS to provide this," she says.

"However, we know anecdotally that the number of postnatal visits are being cut across the country, and I have real concerns about the impact."

She says the Government's Healthy Child Programme highlights the importance of good care throughout and after pregnancy for the health and wellbeing of mother and baby, but says that officials need to ensure there are enough NHS midwives.

"There can only be benefits for the health of the mother through good and comprehensive NHS-provided postnatal care," she says.

As well as NHS services, postnatal support is available through the NCT, which runs Early Days courses where parents can discuss topics ranging



Mums can struggle to know what to do

from baby's feeding and sleeping, to relationships, returning to work, and different styles of parenting.

There are branches in Tower Hamlets which hold classes at Browns, West India Quay, and the Barkantine Centre on the Isle of Dogs.

Other local venues include the Surrey Docks City Farm (Riverside branch) and the National Maritime Museum Cafe (Greenwich branch).

NCT postnatal leader Alex Bollen says sleep and tiredness tend to be the most talked-about issues on the course.

She says: "It's not just lack of sleep that causes parents' exhaustion, it's the very steep learning curve they're on."

She says mums simply want to be the best mum they can, which makes baby's crying in the first six to eight weeks extra tough. "Mums can be surprised at how hard they find it when their baby cries," she says.

Bollen says the wealth of information available for new mums creates a great deal of pressure, as parents don't know what advice to follow.

## ADVICE

NCT postnatal leader Caroline Smith says worries about a baby's development are normal, and gives the following tips:

■ It's normal for new babies to cry a lot. It's a developmental stage that peaks around six weeks and then will gradually tail off without the need for any intervention.

■ It's normal for new babies to be very awake during the day from around three weeks old – babies don't know how to fall asleep alone and need a lot of help in the first few months.

■ New babies want to be held all the time – they still think they're in the womb and find separation very frightening. Around the three-month stage they will suddenly become more interested in their surroundings and be happy to be left for short periods of time.

"There are different philosophies on parenting and that can be very confusing. But it's trial and error, getting to know your baby, and understanding what makes your baby tick."

She says support is vital in the early months, as is putting parents in touch with others who are going through the same thing.

"Early Days courses provide a safe environment where parents can talk about the challenges and what they're finding tough."

NCT postnatal leader Caroline Smith says that parents should remember that they have needs too.

She says: "The first few months are undoubtedly the most intense, but it's important for parents to acknowledge that they have needs too."

"It really is only a short period of time in your life, so try not to wish it away – you'll never have these days and weeks back again."

Go to [nct.org.uk/courses/postnatal](http://nct.org.uk/courses/postnatal)

## SPORT

Olympics gives PE 'wake-up call'

★ School curriculums have been put under the spotlight following the Olympic success of Team GB.

The huge medal haul and record-breaking performances should prompt a "wake-up call" as to the value of sport in schools, said Russell Hobby, general secretary of the National Association of Headteachers (NAHT).

The organisation is now calling on the Government to create a lasting legacy by revamping the curriculum and boxing-off space



to ensure sufficient time for PE, investing in community-wide facilities and encouraging pupils to experience a variety of sport.

"London 2012 has drawn the nation's attention to the sheer breadth of sports on offer and an enduring legacy would be to see the Government promote these, thereby ensuring children enjoy participating at every level,"

said Mr Hobby. "The message is diversity."

He added: "As children will be inspired to imitate the feats of Chris Hoy and Jessica Ennis, we hope the Government will be inspired by London 2012 to leave a legacy which will ensure future generations can also go for gold."

## TECHNOLOGY

ICT lessons are 20 years out of date

★ Despite the grand push towards a new digital cluster in the East End, and the possibilities opening up for a new skills generation, teaching of ICT is 20 years out of date.

So says Dr Mike Short, president

of the Institution of Engineering and Technology who fears a whole generation has lost out.

He said: "Whilst the current generation are heavy users of ICT in their social interaction, very few have been taught how to understand, design and build upon the technology that underpins most of our daily lives."

"The current school ICT syllabus is not appropriate for the digital generation since it does not equip our young people to be able to compete in the modern world."

"There is an urgent need for school to be teaching the current generation Computer Science as a subject in schools to take advantage of the plentiful career opportunities within the digital and computing industries."

education



# Life



## FITNESS WITH LAURA WILLIAMS

GETTY



### GET THE LOOK

Jennifer Garner

**S**tar of *The Odd Life Of Timothy Green* and mum-of-three Garner takes her mum to the gym with her for extra motivation.

**How she does it:** Garner recently admitted she'd got back into the gym pretty soon after giving birth, saying that while it was a priority there was also only so much sleep she was prepared to forgo.

Last week she was spotted leaving the gym with her mum, an unlikely gym buddy some might say.

**Do it for yourself:** Whether you're getting ready for a premiere (unlikely for most of us) or just wanting to shed baby weight or even a tum that's been neglected over the last few weeks, having someone to train with can be a great motivator.

Recent research from Michigan State University found those who exercise with a partner worked out for longer than those going to the gym alone. It also found exercising as part of a team increased workout time even more.

The study's researchers maintain there's something inherently competitive about exercise (so remember: pride will get you through that spinning class).

Even if you're not looking for a gym buddy to bring out your competitive streak, a companion such as a friend, work colleague, or even your mum, can help to make lacing up your trainers that bit easier at times, particularly if your energy levels are on the floor after a tough day at the office or from coping with the demands of a new baby – or both.

**+1**  
Taking someone to the gym with you is a good idea

## Q&A

**Do small amounts of exercise really count as much as going to the gym?**

It depends what you're comparing. If you're hoping getting off the bus early for a leisurely stroll a few times a week will rival a week of spinning and body pump classes then the answer's no.

But if every day you include as much pulse-raising activity as you can so that you're never more than an hour away from a breathless few flights of stairs, or teeth-brushing squats then this is as beneficial as a couple of outings to the gym every week. Results are largely based on frequency, duration and intensity.

### Top tip

**Get back on track post Games:** Whether that's hitting the gym hard on your own or coaxing the family away from the telly and into the park, devise a fitness comeback plan now.

Go to Laura's website at [laurawilliamsonline.co.uk](http://laurawilliamsonline.co.uk), email questions to [laura@laurawilliamsonline.co.uk](mailto:laura@laurawilliamsonline.co.uk) or follow @laurafitness on Twitter

## shop spot



Lenco iPT-6 speaker tower  
Orange, £199.99  
[amazon.co.uk](http://amazon.co.uk)



Ruark Audio R1 Limited Edition  
Orange Lacquer,  
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## Women seeking men

Guys Text n' Chat. Text in now and chat to local people.  
Send : CHATUP018 To : 65125 (T&C's below)

**MAXINE** 46, 5ft 8ins, slim, outgoing, bubbly, GSOH, looking for good times, cinema, meals out etc. Tel No: 0906 500 3729 Box No: 395212

**TRACY** mum of two, blonde, slim, attractive, tactile and very sexy for age, WLTm male 30-50yrs for ltr, single dad welcome. Tel No: 0906 500 3729 Box No: 394665

**SALLY** 27yr old Air Hostess seeking honest reliable male to join the mile high club, discreet liaisons and friendship with benefits. Tel No: 0906 500 3729 Box No: 394655

**YOUNG** looking female, 64, attractive, nice personality, seeks nice Essex man, 63-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395089

**HELEN** 34yr old single mum to one, tall, slim and attractive, WLTm intelligent male for good conversations and adult meets, 30-50yrs. Tel No: 0906 500 3729 Box No: 394475

**BLACK** lady, bubbly, friendly, kind, black hair, brown eyes, seeks Irish male to love and care for me. Tel No: 0906 500 3729 Box No: 394767

**JANE** pleasant, slim, enjoys socialising, seeking someone of similar age, 65-70 for company. Tel No: 0906 500 3729 Box No: 394779

**BLACK** lady, bubbly, friendly, kind, black hair, brown eyes, seeks Irish male to love and care for me. Tel No: 0906 500 3729 Box No: 394767

**PAULA** 27, attractive brunnette, very outgoing and sensual looking for similar male for mature broadminded relationship. Tel No: 0906 500 3729 Box No: 394571

**LYNDA** very attractive attached female, own transport and willing to travel, seeking similar matured male for extra circular activities. Must be discreet. Tel No: 0906 500 3729 Box No: 386653

**KAREN** 38 slim and attractive seeking confident professional for companionship, status/looks unimportant. Tel No: 0906 500 3729 Box No: 392407

**MICHELE** very attractive black single mum, 32yrs, someone you could take home to your mother, seeking a one in a million guy. Tel No: 0906 500 3729 Box No: 391879

**LOVING** tactile female, no ties, would love to be seduced by a fun loving, mature male. Looks unimportant. Tel No: 0906 500 3729 Box No: 399106

**TRACY** good looking, brunnette, employed, own flat, likes nights in/out, travel, WLTm outgoing male for holidays, laughs and good times. Tel No: 0906 500 3729 Box No: 379559

**GENUINE** professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. Tel No: 0906 500 3729 Box No: 389699

**NIAMH** slim attractive female, well travelled and body confident, seeking mature male who can handle a real woman. Or at least thinks he can. ACA. Tel No: 0906 500 3729 Box No: 384051

**HI** I'm Jane a 40yr old divorcee with 3 children, looking to fall in love again, seeks genuine, confident, very tactile male. Tel No: 0906 500 3729 Box No: 386643

**JACKIE** 32 attractive classy professional, blue eyes, brown hair, healthy/trim, well travelled, feminine, smart, seeks male, 40-50yrs. Tel No: 0906 500 3729 Box No: 391013

**HI** I'm Jo, petite, pretty, fed up with own company, seeking male to help me get back into the swing of things, for uncomplicated fun times together. Tel No: 0906 500 3729 Box No: 387103

**LIKE** uniforms? Stunning blonde nurse is waiting to be scooped up by that lucky fella! You don't know what you're missing. ACA. Tel No: 0906 500 3729 Box No: 373126

**CAROL** attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. Tel No: 0906 500 3729 Box No: 388979

**FUN** bubbly blonde, home alone and in need of some TLC, seeks adventurous discreet male for fun friendship. Tel No: 0906 500 3729 Box No: 376406

**VICKY** 26yr old pretty blonde, athletic, good job, great house/car, single and getting bored, looking for male to entertain me. Tel No: 0906 500 3729 Box No: 394459

**BUSTY** young blonde, 22, endless legs, loves dressing up. Imagine... we could have such fun together! Tel No: 0906 500 3729 Box No: 373120

**ATTRACTIVE** Capricorn female, good sense of humour, mid 40's, N/S, likes most things, cinema, meals out, pubs, looking for genuine N/S white male for friendship maybe more. Tel No: 0906 500 3729 Box No: 334685

**FEMALE** seeking Mr Right, are there any heroes still out there? Tel No: 0906 500 3729 Box No: 393597

**CURVY** lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 387343

**JACKIE** 5ft 3ins, brown hair, medium build, seeks Jamaican/mixed race male for friendship. Tel No: 0906 500 3729 Box No: 393435

**BUSTY** young at heart female, 60, 5ft 6ins, dark hair, hazel eyes, N/S, likes music, travel, meals out, coast, GSOH, seeks tall, caring male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393279

**LIZ** 52, looking for East London man of similar age for LTR. Tel No: 0906 500 3729 Box No: 390887

**EARLY** 50's white lady, looking for male, 49-59 with similar interests. Tel No: 0906 500 3729 Box No: 393261

**SRI** Lankan female, attractive, kind, many interests, seeks British white male, 35-40, kind, honest and caring for LTR. Tel No: 0906 500 3729 Box No: 393219

**GEMMA** early 60's, slim, blonde, blue eyes, seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393105

**PATRICIA** outgoing, confident, feminine, friendly, smart, good cook, Lonly, attractive, seeks similar male. Tel No: 0906 500 3729 Box No: 374215

**BRIGHT** bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with, Looks unimportant. Tel No: 0906 500 3729 Box No: 338461

**FRIENDLY** lady, 55, attractive, size 14, seeks medium build gent, N/S, kind, sensitive, sincere for friendship, good times and togetherness. Tel No: 0906 500 3729 Box No: 391897

**WIDOW** needing company, sociable, outgoing, 75, taken for 65, feeling 55, 5ft 7ins, elegant, likes dancing, seaside, coach holidays, animals, theatre. Tel No: 0906 500 3729 Box No: 389423

## Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

email:  
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SW4 7BX

**BEAUTY** 21, seeking older, solvent gent 70 plus for friendship/relationship. Tel No: 0906 500 3729 Box No: 392697

**38YR** old attractive female, likes swimming, seeking British, professional, handsome male for serious relationship. Tel No: 0906 500 3729 Box No: 391758

**DONNA** 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLTm mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117

**VOLUPTUOUS** curvy, young at heart female, 60, 5ft 6ins, dark red hair, hazel eyes, N/S, likes music, travel, meals out, socialising, seeks tall, young at heart male, 58-64. Tel No: 0906 500 3729 Box No: 392307

**LINDA** bubbly 62yr old, attractive, seeks gent for meals out, good times and maybe more. Tel No: 0906 500 3729 Box No: 392053

**AMELIA** 54, loving, caring, seeking similar male with GSOH. Tel No: 0906 500 3729 Box No: 391643

**SINGLE** black female, late 40's, attractive, intelligent, warm, loving, caring, honest, seeks black male, up to 63. Tel No: 0906 500 3729 Box No: 391533

**VANESSA** attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184

**YOUNG** looking 43yr old white female, dark hair, blue eyes, attractive, sensual, size 14, shapely, curvy, 5ft 6ins, artistic, seeking male, 23-73 for discreet fun. Tel No: 0906 500 3729 Box No: 391255

**49YR** old professional black lady, likes meals out, holidays, cinema, seeks honest, sincere, genuine white male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 390241

**VOLUPTUOUS** young at heart female, 60, 5ft 6ins, dark red hair, hazel eyes, N/S, likes music, travel, socialising, meals out, GSOH, seeks tall, genuine, caring male, 58-64. Tel No: 0906 500 3729 Box No: 390153

**FEMALE** 62, looking for genuine, sincere, kind gent, 60-70 for LTR. Tel No: 0906 500 3729 Box No: 386885

**BLACK** female, 39, seeks white male, 50-59 for serious relationship, possible marriage. Tel No: 0906 500 3729 Box No: 390390

**LADY** early 60's, likes the arts, country walks, seeks educated, cultured gent for possible romance. Tel No: 0906 500 3729 Box No: 384961

**HAPPY** go lucky 50yr old female, blonde hair, blue eyes, seeks genuine, happy go lucky male of similar age. Tel No: 0906 500 3729 Box No: 359051

**BRIGHT** bubbly, attractive black lady, 46, educated, seeks kind, loving, professional male for LTR. Tel No: 0906 500 3729 Box No: 389814

**ATTRACTIVE** black lady, 29, size 12, curvy, seeks professional white man, 29-40, for serious relationship, maybe more. Tel No: 0906 500 3729 Box No: 383205

**KAREN** 34, sexy leggy brunnette who knows there's more to life than just work! WLTm confident professional male for time off meets in London and fun times. Tel No: 0906 500 3729 Box No: 342525

**51YR** old female, brown hair/eyes, GSOH, seeking genuine guy for love and romance. Tel No: 0906 500 3729 Box No: 390615

## Men seeking women

Ladies Text n' Chat. Text in now and chat to local people.  
Send : CHATUP042 To : 65125 (T&C's below)

**WHITE** male, 5ft 5ins, N/S, seeks lady, 60-66 who is warm, honest and caring for loving relationship. Tel No: 0906 500 3729 Box No: 395267

**ATTRACTIVE** blond, blue eyed male, 48, genuine, sincere, fun loving, OHAC, GSOH, seeks sincere, fun loving, Oriental/black/Asian female. Tel No: 0906 500 3729 Box No: 394675

**GEORGE** young 64, GSOH, OHAC, 5ft 8ins, medium build, seeks female, 50-65 for casual fun times. Tel No: 0906 500 3729 Box No: 393899

**RONNIE** 5ft 7ins, seeking lady, any nationality for good times, maybe more. Tel No: 0906 500 3729 Box No: 395193

**MALE** 79, average build, N/S, seeking lady for companionship, Hillingdon area. Tel No: 0906 500 3729 Box No: 395127

**MALE** 41, medium build, nice looking, seeks medium build female, 30-49 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 392528

**YOUNG** middle aged British African male seeking mature lady 40-70yrs for ltr and more. Tel No: 0906 500 3729 Box No: 394957

**MARK** 39, 5ft 7ins, brown hair, blue eyes, GSOH, seeks female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392484

**BLACK** male, 49, bubbly personality, seeks buxom, curvy, pear shaped, voluptuous white female, 18-55 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 394931

**WHITE** male, 46, 5ft 6ins, medium build, green eyes, caring, seeks mature female, 50-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 394921

**MALE** 65, 6ft, GSOH, easygoing, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395269

**GORGEOUS** handsome, fit, wonderful male, seeking white female for fun times. Tel No: 0906 500 3729 Box No: 392564

**23YR** old male, 5ft 7ins, average build, blue eyes, seeks female. Tel No: 0906 500 3729 Box No: 395183

**BUILDER** 42, tall, good looking, GSOH, kind, considerate, seeks lady for romance. Tel No: 0906 500 3729 Box No: 395143

**75YR** old schoolboy, 6ft 2ins, slim, seeks slim, pretty school girl, 60-70, lets play truant and grown young together. Tel No: 0906 500 3729 Box No: 395115

**WHITE** male, 62, blue eyes, 6ft, N/S, seeks lady, 50-60 who is warm, honest, loving and caring for friendship and great times. Tel No: 0906 500 3729 Box No: 322465

**ATTRACTIVE** young 68yr old male, easygoing, romantic, seeks loving, curvy, slim female for relationship and more. Tel No: 0906 500 3729 Box No: 393145

**DIVORCED** male 67, Own property seeks female 55 plus for companionship, LTR and good times. Tel No: 0906 500 3729 Box No: 391392

**MARK** 39, 5ft 7ins, brown hair, blue eyes, GSOH, seeks female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 391948

**TALL** handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441

**YOUNG** professional male, 37, seeks genuine female with values and principles for LTR. Tel No: 0906 500 3729 Box No: 394731

**24YR** old male, blond hair, blue eyes, 6ft 3ins, average build, likes gym, football, nights in/out, socialising, seeks mature female for no strings fun. Tel No: 0906 500 3729 Box No: 392400

**VERY** handsome white male, 48, 6ft, seeks slim, attractive black female, 35-48 for friendship/relationship. Tel No: 0906 500 3729 Box No: 390239

**PATRICK** 5ft 9ins, kind, honest, funny, likes football, music, pubs, comedy, TV, seeks female with similar interests. Tel No: 0906 500 3729 Box No: 338407

**CUDDLY** affectionate trustworthy professional black guy 49yrs, seeks similar voluptuous fun female seeking a LTR. Any race/looks/age. Tel No: 0906 500 3729 Box No: 391386

**LOYAL** warm, kind black male, 48, seeks partner, looks/race unimportant for spoiling, laughter, socialising and true love. Tel No: 0906 500 3729 Box No: 390409

**BIG** fun sociable white female wanted by kind black male, 49 for laughter, relationship and lifelong loving. Tel No: 0906 500 3729 Box No: 389033

**FRIENDLY** travel buddy/soul mate wanted by tall, handsome professional male with easygoing, down to earth and caring personality. Tel No: 0906 500 3729 Box No: 389681

**SLIM** figured lady, any looks/race/age, dine, laugh, socialise, holiday and love life with seriously romantic black 48yr old male, 5ft 10ins. Tel No: 0906 500 3729 Box No: 387424

**ATTRACTIVE** male, tactile, looking to meet lady, 35-65 for fun times. Tel No: 0906 500 3729 Box No: 392679

**FIT** sexy 55yr old male, seeks sexy female, up to 70. Tel No: 0906 500 3729 Box No: 383357

**BASIL** affectionate black male, 48, 5ft 10ins, seeks plump partner, any looks/age for nights out, enjoying life and lasting romance. Tel No: 0906 500 3729 Box No: 377447

## Men seeking men

**TALL** dark, handsome male, likes swimming, basketball, tennis, films, seeking male for 1-2-1. Tel No: 0906 500 3729 Box No: 392520

**SMOOTH** slim, I am 58, tall, slim, romantic, adventurous, can you cook? Tel No: 0906 500 3729 Box No: 394625

**KEVIN** 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 355984



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## Stars

With Claire Petulengro



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You are unnecessarily pessimistic and full of self pity. You have a feeling of persecution, that people are always getting the better of you. No more.

### PISCES

FEB 20-MAR 20

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Someone you had hoped to spend more time with seems to be sending you some very mixed signals and you're not quite sure what's going on.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

To have a friend you must be a friend. Today offers you the chance to put this into practice. An old friend calls in a favour which may be beyond the call of duty.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You can be jealous of your loved ones and suspicion will kill your love. Try to rise above the bait that certain jealous faces are putting before you.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Going out to new places helps to put the spring back in your step and can also help you to get over the irritating events of last weekend. You've won.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You're the type who needs assurance of loved ones' affections and plenty of flattery and attention. However you won't get it by losing your temper.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You like to have friends around you but recently your life has started to get a little too crowded. Remember that quality is better than quantity.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You have deep spiritual qualities and emotional responses which make you ideally adapted to domestic life. Take commitment to a new level right now.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Be definite in what you want right from the start as others are likely to take advantage of your sensitive nature. Team up with fellow Librans if possible.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Family come to the fore. Not one but several pieces of good news filter through to you this month which will help you to know your relations better.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You are not admitting what you want and by putting on this brave front you are being played for a fool by someone who knows how to manipulate.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

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## Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. And that's not all – the winner

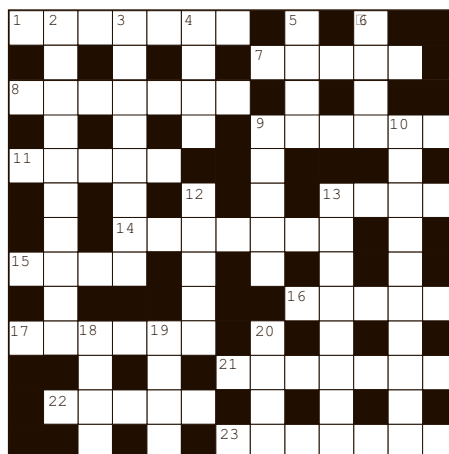
gets to grab hold of a *Bourne Legacy* goodie bag that contains a T-shirt and a "Tech Survival Kit" which contains a watch and charger.

To be in with a chance of winning, just tell us the name of the actor who plays Jason Bourne in *The Bourne Legacy*

showing at Cineworld. Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is August 24, 2012.

Include your name and postal address and the details and tickets will be posted to you.

## Crossword



### ACROSS

- Give up altogether (7)
- Picture puzzle (5)
- Say or do again (7)
- Adapt (6)
- Shuteye (5)
- Single step (4)
- Non-professional (7)
- Having little fat on the body (4)
- Stage whisper (5)
- Tarantula, say (6)
- Natural home or environment (7)
- Holy book of Islam (5)
- Protects (7)

### DOWN

- Dreadnought, say (10)
- Viking (8)
- Chooses (4)
- Bounce (4)
- Influential teacher or expert (4)
- Fire remains (5)
- Previously owned or used (6-4)
- Adam's ale (5)
- Spotless (8)
- Golf club (4)
- Test taken at school (4)
- Vessel for displaying flowers (4)

ACROSS: 1. Abandon; 2. Battleship; 3. Norseman; 4. Optic; 5. Head; 6. Gurney; 7. Sleep; 8. Iterate; 9. Adjust; 10. Amateur; 11. Stage; 12. Water; 13. Pristine; 14. Spider; 15. Thin; 16. Aside; 17. Second-hand; 18. Iron; 19. Exam; 20. Vase. DOWN: 1. Dreadnought; 2. Viking; 3. Chooses; 4. Bounce; 5. Influential teacher or expert; 6. Fire remains; 7. Previously owned or used; 8. Adam's ale; 9. Spotless; 10. Golf club; 11. Test taken at school; 12. Vessel for displaying flowers.

## Sudoku

### EASY

	5		4		7		2	
2								9
		8	1		9	7		
	3		9	8	1		5	
	1						6	
	8		6	7	4		9	
		5	8		2	4		
3								6
	4		3		6		1	

### HARD

			9	8				6
1						8	7	3
		8					5	
			6	5				2
	8		2		3		6	
6				1	9			
	6					1		
9	4	3						5
7				9	2			

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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## Move into Copper Box is a slam-dunk for Lions

### BASKETBALL

WHILE discussions continue over the future tenant for the Olympic Stadium, the land grab for another venue has already begun.

The MK Lions British Basketball League is leaving Milton Keynes with an eye on the Copper Box Arena – home to handball during the Games.

The franchise will call itself the London Lions and wait out the refit period until 2013 playing at Crystal Palace National Sports Centre.

The Lions have played in Milton Keynes for 15 years after originally starting out in Hemel Hempstead but the lease on their Winterhill base expired.

Lions chief executive Vince Macauley told the BBC: "We're excited to be in London, we've got a history in London, there'll be an automatic rivalry with [Dagenham's] East London Royals, I think it's exactly what basketball needs."

"The London Towers and London Leopards had an absolutely fierce rivalry in the hey-day of British basketball, so I think it's time we picked that up again."

The new BBL season gets under way on September 21 when the Lions, face Manchester Giants.

Macauley said: "Everybody has talked about legacy – this is an actual, real, tangible legacy."

**Giles Broadbent**



Former US basketball star Teresa Edwards offers advice to youngsters

## Thanks for having US

TOP US athletics praised the facilities in Tower Hamlets which were used for London 2012 training.

Team USA track and field teams were based at the council's Mile End Stadium throughout the Games.

Teresa Edwards, a four-time Olympic champion in women's basketball and Team USA's Chef de Mission for the 2012 Games, said: "Team USA has been thrilled with the stadium's facilities and the supportive reception we have received from the council."

"We have had an incredibly successful Games and have enjoyed every minute of our time here in London."

USA coaches also ran training sessions with Tower Hamlets youngsters.

# Mo's special, but we'd love to repeat the trick

### LEGACY

The man who signed Farah tells of hero's unquenchable thirst for track success

**Rob Virtue**  
@wharf.co.uk

As Mo Farah crossed the line for his second Olympic gold on Saturday night a nation rejoiced. One person in east London in particular was glowing with pride.

Newham and Essex Beagles' team manager Bob Smith was not just delighted for the man who joined the club early on in his career, but a remarkable medal haul in general for his members in an amazing celebration of athletics in his own borough.

"Newham and Essex Beagles had 11 British athletes compete in the Olympics," said Smith. "Of the six British medals, four were from our members, which is great."

"There was a real feel good factor in the Olympics and athletics was the centrepiece to that. It was brilliant. And not just the British athletes. Usain Bolt lived up to the billing and David Rodisha was absolutely amazing."

As for Newham members, Christine Ohuruogu's silver and Robbie Grabarz's bronze were worthy honours but it was Farah, now based in America but still a Beagles member, who made the headlines with his double gold.

The Beagles chief could not speak highly enough of the British hero.

"I signed him eight years ago. He was an outstanding junior and decided to make a number of decisions."

"He said being the best in Britain was all very well but he wanted to be world class. He asked to speak to Newham and Essex Beagles and it was



Mo Farah reacts as he wins the men's 5,000m final ahead of Ethiopia's Dejen Gebremeskel at the Olympic Games

### SNAPSHOTS

#### SPORT

**By Sir Robin Wales  
Newham mayor**

"The danger is that when the Olympic flame is extinguished, the hard work and energy that has been created will be extinguished with it."

"Elite sport stars start at local level so we're already doing our bit with programmes like Every Child a Sports person which is giving young people a golden chance to participate in sport."

"Success must not be limited to an elite few. We are committed to our youngsters and want them appearing in sports stadiums for years to come."

me who signed him for us. We compete at the highest level nationally.

"He's exactly what you see on TV. He's respectful and very hard working. Ultimately, Mo hates not winning and I mean he really hates not winning."

"There's a great determination behind him that second is not good enough. Some people say 'I wanted to win' but Mo you know he means it. He doesn't understand why he doesn't win and so tries to find out."

Smith hopes the Beagles' performances will encourage more people to join the club at all levels.

"There's been a fair amount of email flow from people wanting to take up athletics and more volunteers, not just coaches but people wanting to come and commit on a regular basis to helping in some way," he said.

The group will be hoping a Newham

Summer Athletics Festival this Sunday between midday and 6pm at Newham Leisure Centre will help boost that.

Other east London clubs are also looking for an increase in participation in the wake of the Olympics.

Sophie Morris, development officer at Millwall Rugby Club, is hoping to take advantage of Olympic fever. The sevens version of the game will make its debut at Rio in 2016.

She said: "The biggest impetus in participation is sports in the Olympics, but once people think archery or throwing a javelin isn't for them then they will hopefully look at other sports."

The rugby club is hosting its open day at Millwall Park this Saturday from midday.

Go to [newham.gov.uk/whatson](http://newham.gov.uk/whatson) and [rugbyclub.com](http://rugbyclub.com)

### WEST HAM

WEST Ham boss Sam Allardyce has said that a move into the Olympic Stadium would be a "dream come true".

As the club prepares for its first season back in the Premier League, Allardyce said the prospect of a move to Stratford, scene of Team GB's golden triumphs, would be an inspiration.

West Ham is in contention with a number of other bidders to take over the athletics arena and a decision is likely later this year.

Allardyce said: "It would be a dream come true. Everyone who is a part of West Ham United knows how much it would benefit the club if we were offered the chance."

"We've all seen the atmosphere, the surroundings, the walk up and it



Inspiration: Sam Allardyce would love some stadium magic

would take this club to another level if our bid is accepted."

Big Sam is an avid follower of all sport and has been inspired by Team GB's efforts, in particular cyclist Bradley Wiggins and rower Mark Hunter.

He said: "The Bradley Wiggins story is a great one. You can physically see the difference between this Tour de France and the previous one."

"He managed to lose three or four kilos so his body could stand the endurance at a lighter weight on the mountain climbs of the tour."

"That takes huge dedication and is the kind of commitment our lads need to show in order to gain that extra advantage."

## Sport

## THE FANS' ROAR

By Ian Toal



## Sluggish start suggests a tough season awaits

With the Olympics barely finished Millwall are underway in their 2012/13 season after a penalty shoot-out defeat at home to Crawley Town on Tuesday night.

It was disappointing to exit the competition to a League One side at the first hurdle and the majority of the 3,600 Lions supporters present left the ground less optimistic about the coming season than when they arrived.

Kenny Jackett had brought back the squad for an early pre-season start as he wanted players to be fitter than the others in the division.

Unfortunately that was not the impression the team gave on Tuesday. The fitness was not there and the sharpness of passing was missing with a couple of players like Jack Smith and Jimmy Abdou having shockers.

Striker Andy Keogh was missing on international duty with Ireland and skipper Paul Robinson was still

**“Jackett wanted players to be fitter but that was not the impression on Tuesday night**

unfit following an operation and these players will strengthen the team. But the jury is out on two summer signings Chris Taylor and Scott Malone.

Taylor was played out of position behind striker Darius Henderson and struggled but he has showed enough promise in pre-season on the left flank to suggest Jackett has picked up a decent player.

Big Danny Shittu came on as a second half substitute against Crawley. With Robinson and Mkandawire still not fit and Tony Craig having left the club in the summer, Shittu was signed on Monday. I know the departure of Craig and the arrival of Shittu are unrelated transactions, but you do wonder if the squad has become



Kenny Jackett: New signings

any stronger, especially as Craig was a real Millwall character.

Other notable departures in the summer were Josh McQuoid, Hamer Bouazza, Jordan Stewart, Chris Hackett and this week, Scott Barron.

We wish last two mentioned all the best for the future after providing us with good service over the years. The others contributed less and Millwall supporters will be glad to see the back of them.

Without last season teenage loan sensation Harry Kane at the club, goals might be difficult to find especially if Henderson plays as badly as he did against Crawley.

He did his best to impersonate Fernando Torres by missing three easy one-on-ones and then a penalty in the shoot-out.

How we will do this season is tough to assess so early on.

There is money sloshing around the Championship while we are competing on a much smaller budget and will need to perform well just to stay up. A top half of the table finish would be a good season.

We get into meaningful league action this Saturday when we entertain last season play-off finalists Blackpool. We certainly have a lot to improve on from Tuesday night but hopefully we will be better after that competitive work-out.

## CAGE FIGHTING

## Cab owner hails his new fight quest

AS if managing a busy minicab firm in Canary Wharf wasn't enough to take up his time, Ivo Aulik has decided to get in extreme training for cage fighting.

The owner of South Quay business Carrot Cars is working out in the gym six times a week for two hours each morning – as well as more in the evening – to prepare for the fight on September 8.

It all came about after visiting the home of white collar boxing in east London at The Troxy, Commercial Road.

He said: “About two months

ago we started going regularly to watch the cage fighting and people began joking saying I should do it.

“I just went for it. I've now been training really hard for the last four weeks and have lost almost 10kg. I've got a well qualified coach so it's coming along really well.”

He will be fighting the light-heavyweight bout at The Troxy to raise money for the British Heart Foundation.

And the debut match is against a relative seasoned pro compared to boss of the South Quay firm.

“Well his name is Rocky,” laughs Aulik, pictured. “And he's fought two times before in white collar.”

“But my confidence is high so we will see.”

Go to [uk.virginmoneygiving.com](http://uk.virginmoneygiving.com) and search for Ivo Aulik to donate to the charity.



## BASKETBALL

## Praise for Sports Dock

ONE of the triumphant US Dream Team basketball squad has praised University of East London's £21million Sports Dock as a factor in their success.

Team USA used the new Docklands training facility as part of their preparations for the Games.

Asked whether the UEL's showpiece gym had played a part in the team's successful run New York Knicks star Carmelo Anthony, pictured, said: “I would say big time; I didn't realise that until now.”

“When I was growing up, the training facilities were terrible. I think people really need to utilise this facility.”

Basketball move / Page 53



## Powell will see in new season from stands after ref dust-up

## CHARLTON

## Second string team lose to Orient in League Cup after penalty shoot-out

Rob.Virtue  
@wharf.co.uk

Chris Powell is likely to be watching some of Charlton's opening league matches from the stands after he was sent off in the cup clash against Leyton Orient on Tuesday night.

The Addicks boss was dismissed for throwing a bottle and after the game sounded aggrieved at the referee's decision.

He said: “I felt that he missed a couple of fouls on my players. That happens. But he missed another one. I came out of my technical area which I shouldn't do. They want me boxed in that little area.”

“But I came out and threw a drink down. [The ref] admitted to me he missed [the foul] and he got it wrong.

I said I wouldn't have done what I'd done if you hadn't got it wrong.

“He said it's for the image of the game, which is maybe so, I know we have to lead by example, but that's why he sent me upstairs. I wasn't happy with what happened but I accept it.”

He said it would be a blow to not be in the dug-out for the opening games.

“I'm not sure at this stage if I've got grounds [to appeal],” he said. “It depends what they say.”

“You want to be on the sidelines. I don't want to be in the stands not involved with my team and staff but we'll wait and see what happens.”

Orient won the match 4-3 in a penalty shoot-out after the east London club replied to Scott Wagstaff's first half opener and the deadlock remained during extra time.

Powell fielded a relatively inexperienced side against Oldham with three players making their Charlton debut and young striker Michael Smith playing at The Valley for the first time.

However, there were encouraging signs for effectively Charlton's second XI with a number of stand-out performances including new recruits Jordan Cook and Salim Kerkar.

## Sam lands Diarra

## WEST HAM

Giles.Broadbent  
@wharf.co.uk

WITH six new summer signings, including the highly rated France international Alou Diarra, a start in front of a sell-out Boleyn Ground crowd and a pleasing pre-season draw against Champions League opposition, West Ham manager Sam Allardyce is well placed ahead of Saturday's Premier League opener.

But Big Sam is nervous. He knows his team has to gel, that the pre-season run wasn't brilliant and Aston Villa, rejuvenated under a new boss, could spoil the party.

He said: “I'm always slightly nervous, apprehensive and not too sure what we're going to be like against Premier League opposition.

“If we're at our best we can do very well but the bottom line is we've got to be at our best every game. We cannot afford a dip or a slip up.”

“In the Championship last season we could have been at 80 per cent and still won a game.

“We'll have to be 100 per cent every game to win in the Premier League but I'm really looking forward to getting started.”

With a bid for Andy Carroll failing, the big summer signing came late, with 31-year-old Diarra only available for two training sessions but Allardyce

## WEEKEND FLUTTER

WITH THE

## RACING POST

■ Racing takes place at Newbury on Saturday and with the ground on the fast side, it may be worth chancing your arm with **Masked Marvel**. Last year's St Leger hero hasn't been himself this term, but a mixture of unsuitable ground and hot company have seen him perform below par. As long as the rain stays away he could run a massive race for the John Gosden stable which is enjoying such a successful season.

■ In football, **QPR** look good value at 11-10 to open their Premier League campaign with a home victory over Swansea on Saturday. The Hoops have a settled side and ended the last season with five straight wins, while visitors Swansea have a new manager in Michael Laudrup, and a host of new signings may take time to gel. For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)



ACTION IMAGES / TONY O'BRIEN



# Summer signings lured by chance of promotion

## MILLWALL

**Rob Virtue**  
@wharf.co.uk

MILLWALL'S summer signing Karleigh Osborne said he turned down a number of Championship clubs to make the move to The Den.

The 24-year-old centre-back, who signed on a free transfer from Brentford last month, said Millwall was the club for him.

Charlton twice made bids for the defender last season but did not make an approach at the end of his contract, although a host of other clubs did.

Osborne said: "I loved every minute of my time at Brentford but it was time to move on."

"I heard from my agent there was interest from Millwall, so I came in and trained and it moved on quickly from there."

"Quite a few clubs in the Championship showed interest but I thought this was the best club for me. It's closer from home and the club are ambitious."

"Stepping up will be tough, I'm sure, but I've got to prove to everyone I'm capable."

Meanwhile, Millwall midfielder Josh Wright, who signed a three-year deal with



Summer signings Karleigh Osborne, left, and Josh Wright

the club last week, said he believed the side were capable of a play-off finish.

The 22-year-old, who joined the Lions last November after six months without a club due to injury, said: "It's been great just to have a full pre-season with a club after last year. We're all looking forward to the season."

"We're hoping to do as well as possible and if we can be up there I don't think we should even be seen as a surprise package. We've got a very good squad."

"We've got to carry on from where we left off last year. We did very well at the end of the season. The play-offs is where we want to get and if we play well as a team then there's no reason why we can't make it."

Asked about renewing acquaintances with the team where he started – local rivals Charlton – Wright said: "Yes, I'm looking forward to it. I had four years at Charlton, four very enjoyable years, but now it's all about Millwall and doing the best I can for the club."

**W** Why were you so angry, Chris?

"I felt that the ref missed a couple of fouls on my players. That happens. But he missed another one."

Chris Powell

Wiggins, who were both rested for Tuesday's match.

Substitutes Johnnie Jackson and Bradley Wright-Phillips are also set to return, with Chris Solly and Michael Morrison, who remained on the bench, strong bets to be in the starting 11.

Powell said there were still places up for grabs in the opening games.

"They are all in contention," he said. "To a man this evening, they've all played very well."

"It would have been nice to have won and kept the momentum going but we go to Birmingham ready for the game."

Referee Gavin Ward sends Addicks manager Chris Powell to the stands

Saturday's clash against Lee Clark's Birmingham will most likely see the re-introduction of striker Yann Kermorgant and full-back Rhys

## as he tells of nerves

is reassured by his experience at the top level.

"He's a class player with a huge amount of experience at international and Champions League level and at the top of the league in France."

"His game ratio is outstanding and his fitness is looking good and he flew through the medical."

"This lad is available to play every week. He'll bring an awful lot to our team and we're looking forward to settling him in and seeing what he can do."

Diarra said: "I know a lot about the club. I hope to show the fans I give everything in each game and try to do my best for the team. I am looking forward to playing for them in the Premier League this season."

Fellow midfielder and newcomer



West Ham manager Sam Allardyce is nervous but looking forward to first match

Momo Diame also caught the manager's eye pre-season.

"He's a talented player and he will grow with us and get better and better with us. He has that bit of quality you need when you go into the Premier League. His passing, his closing down and his tackling and getting forward all look very positive."

Confidence among the squad will be have been boosted by the 1-1 draw with UEFA Champions League qualifiers SC Braga on Friday evening.

"It will be a special moment. Particularly with the game being at home in the Boleyn Ground, it's important we get off to a positive start."

"The performance against Braga is more like what you want to achieve going back into the Premier League."

**Stadium dream / Page 53**

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